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A BRAZILIAN WOMAN AUCTIONING OFF HER VIRGINITY HAS RAISED \$160K SO FAR. HER MALE COUNTERPART'S EFFORTS? NOT NEARLY AS FRUITFUL. PAGE 8

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Search continues

Kayaker Peter Thompson, 19, is missing and presumed drowned after going over a waterfall PAGE 4

Testing the limits

Divisive debates on immigration, abortion test threshold of dialogue in Parliament PAGE 7

Premier on the defence over beef

Alison Redford stands up for the safety of Alberta beef as the recall list continues to grow PAGE 3



SUSPICIOUS DEATH SHOCKS

PAGE 5

Family and friends react on Sunday to the discovery of a tarp-covered body in Calgary's Applewood community, which is believed to be that of 24-year-old student Philip Anei. The local South Sudanese community is calling out for answers in the suspicious death, after a family member revealed one of Anei's sisters received a startling call shortly after 3 a.m. More coverage, page 5. JEREMY NOLAIS/METRO

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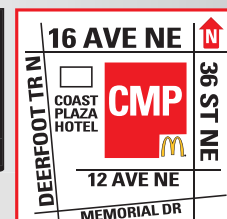
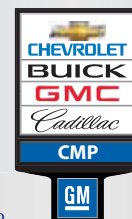


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Premier defends Alberta beef as recall list grows

Producers worried. Thousands of slaughter-ready cattle have nowhere to go as XL Foods plant stays closed



ROBSON FLETCHER
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Premier Alison Redford stood up for the safety of Alberta beef on Sunday as the Canadian Food Inspection Agency made dozens of additions to its list of products potentially contaminated by E. coli.

"We want to assure people that the quality of the product that is coming out of Alberta is good and safe and healthy," Redford told reporters in Calgary after meeting with cattle producers.

Public safety is the top priority, Redford added, but the provincial government also wants to see the XL Foods plant in Brooks, which has a

slaughter capacity of 5,000 cattle per day, reopened as soon as possible.

David Chalack of the Alberta Livestock and Meat Agency said each day that passes with the plant still closed is damaging to producers.

"I'm not going to use the word crisis. I'm not going to use the word critical — yet. But it's very concerning," Chalack said.

Agriculture Minister Verlyn Olson said he is in regular contact with the federal government about the state of the plant. He said XL Foods was shut down due to a "series of issues" and that "any one of them may not have been enough to justify the closure of a plant but collectively (they) created some concerns."

The CFIA's list of recalled products is now so long that consumers are being advised to inquire at the point of purchase whether the beef they're buying came from XL Foods.

WITH FILES FROM THE CANADIAN PRESS



Premier Alison Redford speaks to reporters in Calgary on Sunday, flanked by Agriculture Minister Verlyn Olson, left, and David Chalack of the Alberta Livestock and Meat Agency. ROBSON FLETCHER/METRO CALGARY

Police across Alta. remember fallen colleagues



Members of the Calgary Police Service march at the Alberta legislature grounds on Sunday during a memorial service for fallen law enforcement officers. A plaque bearing the name of Rod Lazenby was added to the memorial this year, bringing the total to 97. RYAN TUMILTY/METRO

Rod Lazenby's children and grandchildren watched with tears in their eyes Sunday, as hundreds of police officers and other mourners came to the legislature grounds to pay respect to him and the other 96 law-enforcement officers the province has lost in the line of duty.

The annual police and peace officers' memorial day was marked with the ceremony at the Alberta legislature. Lazenby, a former RCMP officer, was working as a peace officer in the Municipal District of Foothills when he was killed on Aug. 10.

His daughter, Meghan McLean, said having so many officers and members of the public come out to remember her father was deeply comforting.

"It is wonderful to come and see them all come out and honour dad."

She said her father was a devoted family man who loved his grandchildren and always came to their sports games.

"He loved to come watch his grandchildren, and I know he will be missed every day," she said. "It has been very difficult. He was a big part of our lives."

RYAN TUMILTY/METRO EDMONTON

Pillar of Strength

There are 97 names on the Pillar of Strength memorial, symbolizing the officers who have been killed in the line of duty since 1876.

- The memorial was unveiled in 2006 as a way to mark those sacrifices.
- Officer Lazenby served with the RCMP for 36 years, working undercover on major homicide cases, before retiring in 2009 and starting work as a peace officer.

On the web



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Search continues for Canmore kayaker presumed drowned

Rescue team reviewing options. Teen went missing on Cheakamus



JEREMY NOLAÏS

jeremy.nolaïs@metronews.ca

Efforts to find the body of a Canmore kayaker presumed drowned in B.C. were unsuccessful over the weekend.

According to Whistler RCMP Sgt. Rob Knapton, 19-year-old Peter Thompson went missing after going over a waterfall on the Cheakamus River Friday.

"There were three kayakers going through a section of the river where there was a small waterfall... The first kayaker went over the waterfall, disappeared into the whitewater and didn't surface," Knapton said. "The other two paddled through it."

Search and rescue teams worked Friday evening and Saturday to find Thompson; however, dangerous hydraulic pressure at the base of the waterfall has created much difficulty, Knapton said.

"We are working with our



Presumed drowned kayaker Peter Thompson of Canmore is seen in this Facebook photo posted earlier this year. FACEBOOK

dive team and search-and-rescue to determine what options we have," he added.

Efforts to reach Thompson's friends and family Sunday were unsuccessful; however, a YouTube video posted online last year indicates he was no stranger to extreme kayaking.

In the two-minute video titled "Peter Thompson," a kayaker is seen launching his boat off a bridge into a body of water below and paddling through narrow waterfalls.

Follow Jeremy Nolaïs on Twitter @Metro_Nolaïs



Trial run for buses. Calgary Transit sees natural gas as the fuel of the future

Transit officials are betting that natural gas will be a cheaper and more stably priced fuel for city buses in the coming decades, despite its volatile price history.

Compared to diesel, which currently fuels Calgary's bus fleet, Calgary Transit director Doug Morgan said natural gas is expected to be a more economically viable fuel going forward.

Colin Cieszynski, an analyst with CMC Markets Canada, agreed with that outlook, noting that extraction technologies have created a steady supply of the fuel that should keep prices stable going forward.

"The dynamic has changed," Cieszynski said.

Morgan said natural-gas suppliers are also willing to sell the fuel at fixed rates over five-year or even 10-year contracts, versus the one-year contracts available with diesel.

Ald. Gian-Carlo Carra expressed some concern about the potential for a natural gas "bubble" at a recent committee meeting but

A natural solution?

If the first four natural-gas buses live up to expectations, the city plans to buy hundreds more.

- Natural-gas prices have fluctuated between \$2 and \$15 per million BTU over the past decade or so.
- Natural gas currently trades in the range of \$3 per million BTU.

said those fears were later allayed by research provided by city staff.

Carra said he is also "a big fan" of natural gas because it burns cleaner and more quietly than diesel.

The first of two pairs of natural-gas buses are due to arrive in Calgary in December.

The city plans to test them over 18 months before moving ahead with further purchases.

ROBSON FLETCHER/METRO

City council

Long, contentious hearing expected over Shawnee Slopes proposal

Controversy that has swirled around a proposed development for Shawnee Slopes for the past four years is set to come to a head at city council Monday during a public hearing that the ward alderman expects will be a long one.

"I anticipate that it will be a lengthy hearing," Ald. Diane Colley-Urquhart said. "I think there are a lot of people coming down from the community."

Shawnee Evergreen Community Association president Gloria Dingwall expects a large turnout, too.

Dingwall has been a vocal opponent of the proposed project, which

Quoted

"Administration is going to be asked some pretty tough questions."

Ald. Diane Colley-Urquhart

would see nearly 1,500 homes and condos built on a now-defunct golf course in the southeast Calgary neighbourhood.

Existing residents have numerous concerns about the proposal, Dingwall said, in particular when it comes to potential traffic congestion and what they see as a lack of recreational space.

But the developer, Geo Energy Enterprises, contends the project is consistent with the city's Municipal Development Plan and Calgary Transportation Plan, known jointly as Plan It Calgary.

"It is, as has been cited in the planning commission report, an absolute fit," said Ray Clark, a consultant for Geo-Energy.

Clark added that the proposal "sets a new tone of inner-city development/infill development that Plan It and council and the planners have encouraged."

Colley-Urquhart isn't convinced, however. She anticipates a contentious discussion at council on Monday.

"Administration is going to be asked some pretty tough questions," she said.

ROBSON FLETCHER/METRO

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Police tape surrounds a body covered by a tarp at the corner of Appleside Close and Applewood Drive S.E. on Sunday morning. Family members identified the victim as 24-year-old student Philip Anei, inset. JEREMY NOLAIS/METRO; HANDOUT

Mystery caller told victim's sister 'Your brother is dead'

Investigation.
Local South Sudanese community mourns death of young student



JEREMY NOLAIS
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Family members gathered just metres from the tarp-covered body of a beloved Calgary student Sunday. Mourners were left with more questions than answers as a police investigation spanned much of a southeast neighbourhood.

The victim, identified by relatives as 24-year-old South Sudan native Philip Anei, left his Applewood home at some point early Sunday after receiving a phone call, according to brother-in-law Aguer Aguer.

Shortly after 3 a.m., police responding to a gunshots complaint found a body in the mid-

dle of the road, several blocks from Anei's home.

Around that same time, one of Anei's sisters received a suspicious call, Aguer said.

"A guy called and all he said was 'Your brother is dead.'"

"They (family members) didn't believe it... They went to the house and couldn't find Philip. They didn't know where he was," explained Aguer.

Insp. Paul Stacey confirmed the victim was shot at least once.

"Homicide investigators have interviewed many people and, for the most part, everyone's being co-operative," Stacey said. "Now it's a matter of putting all the pieces together."

Anei's house was initially cordoned off by police tape Sunday morning. Dozens of family members gathered there to grieve before learning of a second cordoned-off scene at the corner of Appleside Close and Applewood Drive S.E. Upon racing over to view the scene, family members discovered

Details

- Philip Anei moved to Canada eight years ago and had recently begun taking courses at Bow Valley College, family said.
- An autopsy is scheduled for Monday.

Anei's tarp-covered body. Many sobbed uncontrollably and struggled to maintain balance.

"He was a good guy," said Anei's cousin Andrew Rice. "He's been doing good, he went back to school... The police haven't told us much. It doesn't make sense."

Aguer pointed to a green van at the crime scene and said family members believe the same vehicle picked up Anei around 3 a.m. Investigators scanned the interior of the vehicle, and a collision reconstruction team was also called in to assist on Sunday.

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Shannon Krepps, left, of Red Deer and Sarah Williams of Edmonton were just two of almost 900 people who auditioned for Big Brother Canada on Sunday. LISA WILTON/METRO

Hundreds turn out for Big Brother Canada auditions

Room for 14. House-guest hopefuls vie for chance to appear on first Canadian edition of popular show

LISA WILTON

lisa.wilton@metronews.ca

Lying, cheating and backstabbing aren't words usually associated with us friendly, docile Canadian types.

But when you're talking about the lying, cheating and backstabbing world of the hit reality-TV show Big Brother, it seems Canucks are just as willing to manipulate and scheme their way to a \$100,000 prize as their American counterparts.

"It's like high school, except you can be meaner," said 31-year-old Shannon Krepps, who was one of almost 900 people who showed up at the

Quoted

"I need to be on TV and be famous."

Mizouri Walters

Sheraton Eau Claire on Sunday to audition for the first season of Big Brother Canada.

Big Brother initially aired in the Netherlands in 1999, and has been produced in more than 50 countries around the world. The U.S. Big Brother is heading into its 15th season.

A longtime fan of the American version, Krepps said the Big Brother contestant she most admired was second-season winner, Will Kirby.

"I like that he lied and played the game the way he was supposed to," she explained.

"Everyone wants to be a cerebral assassin at least once in their lives."

Mizouri Walters wasn't thinking much about strategy

before his audition.

The 25-year-old from Edmonton said he just wanted the opportunity to be on television.

"It's a craving I have inside me," he said. "It's something I need to fulfil. I need to be on TV and be famous."

Walters is up against some stiff competition across the country. Calgary was the second stop on Big Brother's audition tour, which will also hit Halifax, Montreal and Toronto later this month. As well, Big Brother wannabes can post online video applications to bigbrother.ca until Oct. 12.

Supervising producer Sue Brophey of Insight Productions said the 14 house guests would be chosen by the end of the year.

"We're looking for big personalities," she said. "We want extroverts and romantics. A very diverse group."

Big Brother Canada will start shooting in February and air on the Slice network.

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Parliament. Abortion, immigration test limits of Commons dialogue

The right for MPs to say and discuss almost anything they want is one of the central privileges of Parliament, but a couple of divisive debates over the past week tested the thresholds of dialogue in the House of Commons.

In one case, two spokespeople from the Canadian Immigration Forum were barred from speaking at the Commons immigration committee Wednesday because content on their website was deemed offensive — including an interview with Canadian white supremacist Paul Fromm.

In the other, the NDP criticized Prime Minister Harper for allowing Conservative MP Stephen Woodworth to put forward Motion 312, a controversial proposal that sought to re-examine how Canadian law defines a human being.

The issue of restricting debate on abortion has come up before in other areas — on Canadian campuses, for example.

The pro-choice Canadian Civil Liberties Association has spoken out against barring pro-life advertising and activ-

Facing one controversy

Motion 312 was defeated last Wednesday. It sought to re-examine how our law defines a human being.

- Brought by a backbench Conservative it was defeated (203-91).

- "It's not like it never showed up or was banned from being discussed," said David Eby of the B.C. Civil Liberties Association.

ities at universities as a violation of free speech.

Liberal MP John McKay, visibly agitated Friday as he left question period, said the atmosphere after the vote on the motion earlier in the week was that of a funeral. McKay was one of four Liberals who voted in favour of the motion, which was defeated. "It kind of chills you. You don't really want to get into it and then you layer that over with the conflicts among colleagues." **THE CANADIAN PRESS**

Refugee health care in 'crisis', doctor says

Interim Federal Health Program.

Critics claim care compromised after changes to coverage for refugee claimants

The call came 35 weeks into her pregnancy, right around the time her abdominal cramps began.

It was her gynecologist's office saying changes to the Interim Federal Health Program meant her prenatal care was no longer covered. That's when Tiffany started to panic. "What am I supposed to do? I got scared," recalled the 27-year-old originally from the Caribbean.

"She told me that if I come and see the doctor I would have to pay the doctor a fee."

The Toronto resident — who wouldn't give her full name for fear it would affect her application to live here — had been going for regular prenatal check-ups until then.

Some doctors say her story is an example of compromised care resulting from changes to



Dr. Paul Caulford at the Scarborough Academic Family Health Clinic on Friday. While politicians and refugee activists engage in a fierce debate over the issue of health care for refugees, a number of health-care professionals like Caulfield have set up free clinics to help people without health insurance. AARON VINCENT ELKAIM/THE CANADIAN PRESS

the program providing temporary health coverage for protected persons, refugee claimants and others not eligible for provincial coverage.

Under those changes announced in the spring, some refugee claimants saw cuts to their coverage. Additionally, those whose refugee claims are rejected and those from a yet-to-be-defined list of "safe" coun-

tries will only receive care for public-health or safety reasons.

A number of health-care professionals have set up free clinics to help. It was at one such clinic that Tiffany first met Dr. Paul Caulford.

"This is an extraordinarily unprecedented crisis in Canada," said Caulford, medical director of the Volunteer Clinic for Medically Uninsured Immi-

grants and Refugees. He adds he finds it "appalling" the government would target the most vulnerable.

The Conservatives hope the changes will deter bogus refugee claims and ensure failed asylum seekers can't take advantage of Canada's free health care. They also say care for "bona fide" refugees isn't affected. **THE CANADIAN PRESS**

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Vancouver

Reporter will countersue former Olympics chief

The reporter who wrote a story about alleged abuse by former Vancouver Olympics chief John Furlong says she will countersue him for suggesting she didn't do the proper research.

THE CANADIAN PRESS

Moscow

Church asks for clemency in Pussy Riot case

The Russian Orthodox Church on Sunday asked for clemency for three jailed members of the rock band Pussy Riot if they repent for their "punk prayer" for deliverance from President Vladimir Putin. THE ASSOCIATED PRESS

Los Angeles

Carmageddon II goes according to script

The demolition of a bridge that forced the weekend closure of one of the U.S.'s busiest freeways is on schedule. Many Los Angeles drivers heeded warnings to keep clear of the area, and lanes should be reopened Monday. THE ASSOCIATED PRESS

Grim milestone

In Afghanistan, U.S. military deaths reach 2,000

The killing of an American serviceman in an exchange of fire with allied Afghan soldiers pushed U.S. military deaths in the war to 2,000, a cold reminder of the perils that remain after an 11-year conflict that now garners little public

interest at home.

The toll has climbed steadily in recent months with a spate of attacks by Afghan army and police — supposed allies — against American and NATO troops.

That has raised troubling questions about whether countries in the U.S.-led coalition in Afghanistan will achieve their aim of helping the government in Kabul and its forces stand on their own after



A U.S. air force paratrooper drapes a flag over a soldier killed in a July 2010 attack in Afghanistan. THE ASSOCIATED PRESS FILE

most foreign troops depart in little more than two years. THE ASSOCIATED PRESS

Bids reach \$160K as woman auctions off her virginity

Airplane encounter.

Proceeds will go toward poor families in Brazil

TAKARA SMALL

takara.small@metronews.ca



Catarina Migliorini is auctioning off her virginity to the highest bidder. YOUTUBE.COM

Online

- Visit metronews.ca for a video about the auction.

A woman from Brazil is hoping to take the idea of the mile-high club to a whole new level.

Catarina Migliorini, 20, is auctioning off her virginity to the highest bidder for a one-time sexual encounter on an airplane in order to circumvent prostitution laws.

The auction ends Oct. 15, and as of Friday bidding had reached \$160,000 US. Migliorini hopes to use proceeds from the trust towards helping poverty-stricken families in her hometown.

She and another virgin named Alex Stepanov are part of a documentary, called *Virgins Wanted*, produced by an Australian film company. Bidding for Stepanov reached \$1,300 US.



Liberal MP Justin Trudeau speaks briefly with media as he enters party caucus meetings on Parliament Hill in Ottawa on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Comparisons between Trudeau, dad are tenuous

Justin Trudeau may seem to be following in dad's footsteps as he prepares to seek the Liberal leadership, but he's really heading down a vastly different path into unknown territory.

The country, its politics and the Liberal party itself have changed drastically since Pierre Trudeau mesmerized Canadians with the heady magic of Trudeauism in the spring of 1968.

That world is hardly recognizable today. The Canada of two generations ago was a country still reeling in the afterglow of the Centennial and

Expo 67, wrestling with the tensions of the generation gap and ready to be led into a future of what seemed to be infinite possibilities.

People were pushing for a new kind of politics. They looked to replace the buttoned-down backroom boys and their traditional mix of pressure and patronage with more grassroots involvement. It was a "power to the people" age. TV news was beginning to flex its muscles in politics, and Trudeau seemed perfect for the cameras.

Amid expectations that Justin will announce his own bid

Quoted

"People want to make comparisons to the past, but things totally change."

Nelson Wiseman, political science professor, University of Toronto

for the Liberal leadership on Tuesday, observers note that he is operating in a completely different era than his father.

"You can't compare them at all," said Nelson Wiseman, a political science professor at the University of Toronto. "Things

are constantly changing. People want to make comparisons to the past, but things totally change. It was just a totally different time."

The younger Trudeau is 40, eight years younger than his father was when he ran for leader. He has been an MP for four years, but always on the opposition benches.

The son is a former high school teacher, with none of the public-intellectual clout of his father. He's a married father of two. His dad was the country's most eligible bachelor when he ran. THE CANADIAN PRESS

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CRA uncovered millions in unpaid GST: Documents

Gaming the system. Credit-check project targeting 439 firms reveals holes in Canadian tax code

The Canada Revenue Agency has uncovered millions of dollars worth of missing taxes by doing a simple credit check that the banks have been using for years.

The project found almost \$3 million of GST revenue that had been collected from customers by new businesses but was never handed over to Ottawa, or was fraudulently refunded to them.

The money turned up after 439 firms were targeted by running their tax-registration information through a commercial credit-screening service from Equifax Canada Ltd. Banks and other financial

IWS

Interactive Warning System is a financial-industry term for a system that identifies problems with names, addresses, social insurance numbers (or SINs), telephone numbers and dates of birth that suggest possible fraud. The system automatically flags high-risk credit applications.

institutions have for years vetted potential customers applying for mortgages, loans and credit cards through commercial credit-checking services.

But the Canada Revenue Agency had not been doing so with companies newly registering as collectors of GST/HST taxes — some of which simply kept the money.

The agency's pilot project was launched in 2010, as part

of a wider effort to flush out some of the estimated \$35 billion that remains untaxed in the underground economy.

The so-called Interactive Warning System project, or IWS, focused on missing GST/HST revenue, and was slated to run for two years. But the results were encouraging enough that it was ended in 2011 after just 12 months.

Internal documents outlining the project were obtained by The Canadian Press under the Access to Information Act.

"The project was considered a success," said agency spokesman Philippe Brideau. "The procedures and approaches tested provided us with risk indicators that are part of the regular procedures."

Brideau says the agency is "currently exploring follow-up use of IWS products for GST/HST compliance."

THE CANADIAN PRESS

'Quick refreshment'

Tim Hortons cracks top 5 in U.S. food-chain survey

The iconic Canadian purveyor of "double-double" coffees ranks among the top five in Zagat's latest survey of fast-food chains in the United States.

Tim Hortons was voted fifth-best overall in the "quick refreshment" category.

The Oakville, Ont.-based chain held the same spot for "top decor" and "top service" too.

THE CANADIAN PRESS

Oily business practices?

Irving Oil charged with price fixing

Criminal charges have been laid against Irving Oil and a senior company executive for alleged price fixing at gas stations in three Quebec cities.

The federal Competition Bureau says three charges of conspiracy are being laid against the New Brunswick-based company.

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DOG TEACHES RELUCTANT MAN NEW TRICKS



**HIGH PLAINS
DRIFTER**
James Callsen
calgary@metronews.ca

Dogs do a lot for us. They protect. Work. Entertain. But the greatest thing a dog does for a human is teach. That might not make sense to some, and I should know: There was a time I

didn't get it either.

Four years ago, I came home to a greyhound named Fortress, whom my wife decided that "we" wanted. My reaction wasn't positive and it carried on for weeks. I didn't really like him and I didn't think he liked me until one day the two of us became friends.

We were in my truck, and Fortress stuck his big head between me and my wife, looking ahead with a huge grin. It was the first time I'd really noticed his smile, and it felt like we were Han Solo and Chewbacca on the Millennium Falcon. Since then, we've been buddies.

We were in my truck, and Fortress stuck his big head between me and my wife, looking ahead with a huge grin. It was the first time I'd really noticed his smile and it felt like we were Han Solo and Chewbacca on the Millennium Falcon. Since then, we've been buddies.

we could trust him to make friends with anyone. He needed us to stick with him and he paid us back by always being the best he could.

Having fun with him reminded me of the joy of play. The child-like abandon of running, throwing things and laughing. He taught me not to take myself so seriously.

Finally, I learned the power of unconditional love that comes through triumph, laughter and care. He taught me what it means to have someone depend on you and what it means to depend on someone. His companionship was the greatest gift he could have given, but it created such an appreciation for what he did for me.

Last week, we said goodbye to Fortress after an injury revealed his body was failing. All I could think of afterwards were the things he showed me about life and how to live it.

My dog truly made me a better person.

So when you are dreading the nightly walk with your pooch, just take a moment to think about how they enrich your life and how much they love you for it. You never know what you might learn.



James Callsen and his buddy Fortress. DOUG SPRINGER/FOR METRO

Foam's up, dude!



CHRIS GARDEN/SOLENT

Karitane, New Zealand

Brave surfer taking in murky waves caught by photographer

These ferocious waves have certainly whipped up a frenzy of foam.

This surfer tested some murky-coloured waves while dodging logs and debris, after a floodwater deluge hit Karitane on the south island of New Zealand.

Photographer Chris Garden, 30, spotted the unusual sight as he drove along the coastline.

METRO



Cause

Dead algae behind foamy mass

While sometimes resulting from pollutants, sea foam is often caused by dead algal blooms that are whipped up by high gales and eventually build up along the shoreline.

The frothiness of the foam is caused by the continuous churning motion of the tide that traps cloistered bubbles of air in the decomposing organic material.

METRO

Photographer's view

"Once there, (the foam) all gradually disintegrated. This scene wasn't there very long and I was lucky to catch it."

Photographer Chris Garden of Dunedin, New Zealand added: "In 10 years photographing surfers, I have never seen anything like it before."

Online

For the latest news, visit
metronews.ca



Campus turns welcome mat Inside Out

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

On the first day at a new school, what could be more comforting than a friendly face? How about 400 friendly faces, each with a story to tell? This fall, the University of Calgary welcomed its new

and returning students with a photographic gallery of portraits. The exhibit, which has taken over the Taylor Family Digital Library, features drama students from the winter semester, and was the department's salute to the Inside Out project, a global art initiative that seeks to reveal the world's untold stories. For drama professor Patrick Finn, the goal of the project was simple.

"We wanted to make the start of the year a more hu-

man experience. We wanted to make the library, which is the centre of the University of Calgary...a friendly, welcoming place."

According to Jeff Watson, one of the student photographers, "the project allowed students to not only learn about a global movement in free art, but also to see firsthand how truly diverse the University of Calgary is. Each poster has a story, a past and a meaning to the individual... As for the reactions on campus, it goes to show just how

contagious a smile can be."

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner, Free The Children. Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. E-mail us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

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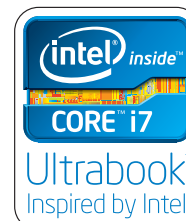
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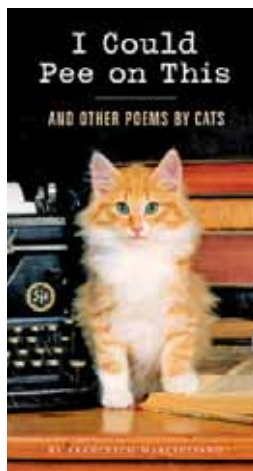
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SCENE 2



Literature. In his best-selling book, *I Could Pee on This: And Other Poems by Cats*, Francesco Marciuliano decodes a kitten's mind

ROMINA
MCGUINNESS
scene@metronews.ca

What made you want to decipher cat's thoughts?
Humans tend to project their thoughts and feelings onto their pets but the exchange is pretty much one-sided. Cats live in their heads so it seemed natural to figure out what was going on. When they're not napping 18 hours straight, cats have all this time of reflection — and I've always wondered, what are they thinking of all this time?

But why not fish or dogs?
I grew up with cats, a dog, a canary, a turtle. I sound like Dr Dolittle. But from the moment I was born, I was basically greeted by a cat which makes it sound like the cat actually got into the hospital. And then after college, my girlfriend and I got



Call this guy William Shakespaw / THINKSTOCK

two cats: Boris and Natasha. In every one of my relationships the cats were always the constant, I always got to keep them. And in every subsequent relationship, I brought in the cats.

What makes a cat's thoughts more intriguing than say, a dog's?

Dogs have a very rich exterior life and cats have a very rich interior life. Dogs are always trying to tell you something like 'I love you' or, 'oh god I need to pee right now.'

But cats are very reflective and need their own space.

They're like, 'we're good if I'm over here and you're over there. We don't need to do this 24/7'.

You spend a lot of time going, 'what are they not telling me?' Which sounds insane, because then it sounds like you turn to the toaster you're like, 'what is the toaster not telling me?'

What valuable life lessons can humans learn from their pet cats?

People who don't like cats see them as arrogant creatures, when in reality it's more about confidence.

They're thinking: 'I'm not dismissing you but I don't need your constant attention. I can be by myself. When we're together and you want a hug, perfect. When you're not hugging me, I'm not desperately thinking oh god — do you not like me anymore?'

The lesson here is that you need to be ok with yourself. When you're with people, fantastic, but there's nothing wrong with being by yourself.

Sounds like cats would be good at giving us relation-

ship advice.

Yes. That's part of the nature of a cat, they're very reflective, poised and comfortable with whom they are. They're like, 'I don't always have to sit on your lap. That doesn't mean we're apart, or that there's a problem.'

Basically, quiet moments in a relationship don't mean everything has gone to hell.

Do you think cats would make good humans?

Yes I do. Unlike what people think, I don't think they would be emotionally distant.

On the web



Qriket

Justin Bieber throws up on stage during concert in Glendale, Arizona

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We are family: Elle Varner's breakout album draws from her nearest and dearest

Perfectly Imperfect. Kudos from Michelle Obama and a nomination for best new artist at the Soul Train awards have launched young R&B star to new heights

Elle Varner may be R&B's rising star, but she already has fans in the White House.

While at the Democratic National Convention, first lady Michelle Obama said she's become a fan of Varner, thanks to her eldest daughter Malia's heavy rotation of her music at the executive mansion.

The singer-songwriter called the presidential praise the utmost honour.

"I just couldn't believe it," Varner said in an interview last week from Richmond, Va. "I was so proud of the fact that, like, I made this album that not only a 14-year-old girl can appreciate, but her mother as well."



R&B singer Elle Varner posing at the 2012 BET Awards in Los Angeles, in July. JORDAN STRAUSS/THE ASSOCIATED PRESS

Varner's album, *Perfectly Imperfect*, debuted at No. 4 and No. 2 last month on Billboard's 200 and R&B/Hip-Hop albums charts respectively. She's on a U.S. tour, her single

Refill is a Top 10 R&B hit, and she's nominated for best new artist at the Soul Train Awards.

"I didn't really see myself as being on that radar yet," she said of the nomination, which

pits her against J. Cole, Robert Glasper and Emeli Sande. "It was really just showing me that, 'OK, so you have reached that next step in your career where you're now being con-

Quoted

"I was growing up with all these great people around me and not really understanding ... not thinking, 'Oh my God, that's a big deal.'"

Elle Varner
On growing up among some of music's biggest stars.

sidered in these categories, like this is really real."

The twentysomething's foray into music was almost inevitable as the daughter of a background singer for Barry White and a songwriter for Diana Ross and The Temptations. As a child tagging along with her parents, Varner met legends from Chaka Khan to Ray Charles to Bill Withers at recording studios and on tours.

But the singer didn't realize how much those experiences were shaping her.

"I was growing up with all these great people around me and not really understanding ... not thinking, 'Oh my God,

that's a big deal," recalled Varner, who graduated from The Clive Davis Institute of Recorded Music at New York University in 2008. "So, I think ... it gave me the confidence that I could easily be in this business."

Varner is putting her family's musical skills to use on her debut album: Her father, Jimmy Varner, produced and wrote for the project, and her mother, Mikelyn Roderick, backs Varner on several songs. And the music video for her latest single, the R&B jam *I Don't Care*, was inspired by Varner's white grandmother from Sweden, who was expelled from the University of Maine in the 1960s for dating her grandfather, a black man from Alabama (they were married for 52 years).

"It's a really beautiful representation of what it looks like when people really love each other and they don't care what outside people might think," she said of the video, which features same sex and interracial couples.

THE ASSOCIATED PRESS

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Canadá



Ashton Kutcher. ALL PHOTOS GETTY IMAGES

Kutcher's new romance has been brewing for some time

Ashton Kutcher's new romance with Mila Kunis has apparently been a long time coming, according to *Us Weekly*.

"He's always had a thing for her," a source says. "It's a real infatuation."

The pair have reportedly been together for

five months but have kept things quiet until recently, as they've been spotted all over New York City offering up plenty of public displays of affection.

Kutcher is reportedly living with Kunis while she is in New York for film *The Angriest Man*.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Shots fired as violence erupts at BET Hip-Hop Awards



THE WORD
Dorothy Robinson
scene@metronews.ca

Scuffles broke out at the BET Hip-Hop Awards on Saturday in Atlanta.

Rick Ross and Young Jeezy were reportedly involved in an altercation backstage at the annual

awards ceremony.

Funk Master Flex posted to Twitter that he witnessed "pushing and shoving" between the two.

Then the rappers and their entourages took the fight outside and shots were reportedly fired in the parking lot by a member of Rick Ross' entourage.

The gunman was apprehended by the Atlanta Police Department.

AllHipHop.com sources also reported that 50 Cent and rapper Gunplay were involved in an altercation as well.

Considering his history, 50 should know to stay away from gunplay at all costs.



Robert Pattinson and Kristen Stewart.

Friends skeptical about Twilight star's reconciliation

While Kristen Stewart and Robert Pattinson seem happy to be back together after her cheating scandal over the summer, their friends reportedly aren't so thrilled about the rekindled romance, according to *Hollyscoop*.

"Kristen and Rob's friends absolutely don't believe that this reconciliation is going to last. Rob believes that Kristen didn't sleep with (director) Rupert Sanders,) but the fact is she still cheated on him," a source says. "Rob's pals

think it was easier for him to get back together with her right now because of the upcoming publicity blitz they are going to embark on to promote *Breaking Dawn*."

As for the long-term prospects of the reunited couple? They aren't so optimistic.

"Kristen loves Rob, no question about it, but she just isn't as mature as he is," the source says. "Rob's buddies would be stunned if the couple goes the distance."

Twitter



@kelly_clarkson

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@ZacharyQuinto

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FLIGHT SCHEDULE

FRIDAY, OCTOBER 5, 2012

Flight	Origin	Depart	Destination	Arrive	Stops
EG 601	Calgary (YYC)	9:00 AM	Vancouver (YVR)	9:25 AM	0
EG 602	Vancouver (YVR)	10:25 AM	Calgary (YYC)	12:45 PM	0

MONDAY, OCTOBER 8, 2012

Flight	Origin	Depart	Destination	Arrive	Stops
EG 601	Calgary (YYC)	9:35 AM	Vancouver (YVR)	10:20 AM	0
EG 602	Vancouver (YVR)	11:05 AM	Calgary (YYC)	1:25 PM	0

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Innovative

New use for eye makeup remover

When the kids come home from a party with their faces painted, reach for a soft facial pad or wipe and some eye makeup remover.

Gently rub off all the paint. It will only take a few wipes. **JULIE JANCEN, YUMMY-MUMMYCLUB.CA**

Flushing

Sticky notes and toilet training

My little ones used to get spooked by the auto-flush toilets in public bathrooms.

The solution is simple. Keep sticky notes in your purse. Stick one over the sensor above the toilet so it doesn't detect you. **ANNABELLE DEGOUVEIA, YUMMYMUMMYCLUB.CA**

Chores

Family job jar

Stop begging your kids to help with chores.

Create a job jar instead. For large jobs, write down specific tasks like "pick up building toys and put into a bin" or "dust the brown furniture". Kids can choose a slip out of the jar. You can sit back. **YUMMYMUMMYCLUB.CA**

Wacky Hair Day

Easy colour job

My son's school had Wacky Hair Day but his hair is short and I was at a loss. A friend gave me a tip: Mix shampoo with finger paint! Dab shampoo onto a Q-tip, dip into the paint and paint the hair. **KIM FIORAVANTI, YUMMYMUMMYCLUB.CA**

Exclusively online

metronews.ca/voices

• **Hair today gone tomorrow.** Mommy misses the long, luscious locks she had when she was pregnant. Now it's Meet the Klumps in her shower drain. Follow the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

Are you just keeping them safe or helicopter parenting?

Polar opposites.

Opinions are split whether you're being responsible or overbearing if you follow your child's bus

ALEXANDRIA DURRELL

yummymummyclub.ca

My daughter started Grade 1 at a new school this year. That means there are a few changes around here.

And by "a few," I mean pretty much everything we were used to has changed.

She's starting French Immersion. (Her French consists of mumbling a line she heard in Barbie and The Three Musketeers.)

Her old school was a two-minute walk from our front door and required no street-crossing. Now she takes a bus with a bunch of kids she doesn't know, most of whom are much older than she is.

And perhaps the biggest adjustment of all: She has to be on that big, old bus a full hour before she used to even wake up.

On her second day, she grumped to her Daddy,



Following your child's school bus could affect her confidence. ISTOCK

"I never get to sleep in!" Oh, kid, you have no idea.

All of this has been thrown onto a kid who is adverse to change. So I get what it's like to have a kid go through all

this momentous change, I really do.

And I don't like change either. I'm nervous about how my little girl will fit into her new class. I fear the adjust-

ment to the new language. I have irrational visions of bus accidents and bullying and a million other things.

But here's the thing: I figure that it does me no good to project my fears onto my daughter, so when she confidently gets on that school bus, I smile and wave and rah-rah-rah her independence.

Then I shuffle home and cry a few tears on my own. I don't hop in the car and follow her to school, hide behind bushes or question the abilities of the driver and staff who are meant to get her where she's supposed to be, safely.

Another parent at my daughter's bus stop waved her child onto the bus, hopped in her car and followed them to the school.

I asked her why and she said something along the lines of just "wanting to make sure everything is OK."

Now, parents have been asked not to do this because it clogs up the traffic around the small residential neighbourhood the school is in.

The parents can't actually drive up anywhere near the school — they have to park a few streets away.

So after being told all this, it never crossed my mind that following the bus was "a thing".

I'm supposed to follow the bus to ensure it arrives? Or watch my daughter get off the bus and be immediately ushered to the back play yard by a teacher? Why? What information am I supposed to garner here?

I asked on Twitter whether I was "supposed" to follow the bus. The answers were on polar ends of the spectrum.

I heard the parents saying that, yes, they follow the bus to school. "To watch (my)kid get off the bus" or "My child is nervous, this is a big change! Of course I follow the bus!" and I heard the others, like @MissJoyFG, say, "Whup, whup, whup! Hear that? It's the sound of a helicopter parent descending. Yikes."

Many expressed concern over parents following the bus, indicating that it could affect the child's confidence or independence.

Others felt it was just the way things should be done.

I was left somewhere in the middle, wondering if I was being irresponsible by not following along to "make sure" that bus driver knows what he's doing. On the other hand, I was feeling pretty proud about not hovering over my daughter.

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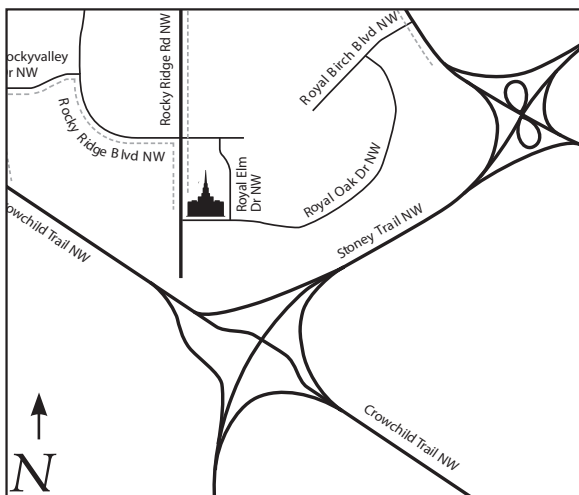
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On the web



Qriket

Reasons Mommy Drinks #77: Her hair is falling out. Scan this code or visit metronews.ca/voices to find out why Mommy misses being pregnant slash living in a Timotei commercial.



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Dave Hale PROVIDED



THE IN-CREDIBILITY FACTOR
Teresa Krueze
life@metronews.ca

Name: Dave Hale
City: Ottawa
Age: 24
Occupation: Soshal Group Partner and CEO

Deciding he was more passionate about marketing and sales than becoming a criminal lawyer, Hale founded Soshal Group, a digital marketing agency.

In just two years Soshal Group has grown to 12 employees and is aiming for 20 by the end of the year.

I knew I was on my way when...

I signed my first six figure client and I realized I wouldn't have to go to my parents anymore and ask for money. Right now we're working with some pretty notable clients like the United Way, Ottawa Senators, the Canadian Hockey League and Algonquin College. Our first year

compared to the second was monumental and our year over year growth is 500 per cent. Right now we're really focused on how we can take the people who have already invested in us and help them move higher.

Action Plan

- Be humble. I was egotistical and cocky when I got started at age 19. I realized early that business isn't about getting publicity. You have to run a business with a real purpose.

- Be open. We met some of our largest clients in the most obscure ways — like at speaking events. We pitched one person and they introduced us to one of their friends. Any opportunity is worth exploring when you're a start up entrepreneur.

- Be brave. If you can't wake up tomorrow and make ten dollars more than you made the day before then you're not cut out for this business. If you can do that in a small scale then you should be able to do it in a big way down the line.

An extra loud and tasty crunch



ROSE REISMAN
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rosereisman.com

The tortilla chip crust is crunchier than a regular bread crumb crust and gives the chicken a different texture.

This is my version of a Southwest chicken dish, and has much less fat (16 grams) and fewer calories (425) per serving than the traditional Mexican version.

If you can't find baked tortilla chips use regular, but the number of calories and amount of fat will be higher.

1. Preheat oven to 400 F. Lightly coat baking sheet lined with foil with cooking spray.

2. Guacamole: combine avocado, cilantro, mayonnaise, jalapeño, garlic, lemon juice, salt and pepper in bowl. Cover and set aside.

3. Working with one at a time, place chicken breast between 2 sheets of waxed paper and pound to even 1/2-inch thickness. Set aside. Whisk egg and milk and pour into shallow dish. Set aside.

Ingredients

Guacamole

- 1/2 cup mashed ripe avocado
- 2 tbsp chopped cilantro
- 1 tbsp light mayonnaise
- 1 tsp finely chopped jalapeño pepper
- 1/2 tsp finely chopped garlic
- 2 tsp lemon or lime juice
- pinch of salt and pepper

Chicken

- 1 1/2 lb skinless boneless chicken breasts
- 1 egg
- 2 tbsp low-fat milk
- 2 1/2 cups baked tortilla chips
- 1/3 cup seasoned dry bread crumbs
- 1/4 tsp chili powder
- 2 tsp vegetable oil

To Serve

- 1/3 cup medium salsa
- 1/4 cup canned black beans, drained and rinsed
- 1/2 cup shredded aged white cheddar cheese

4. In bowl of food processor, combine tortilla chips, bread crumbs and chili powder. Process until crumbly. Dip the pounded chicken breasts in the egg and milk mixture, then into the tortilla crumb mixture.

Tortilla Chip-Crusted Chicken with Guacamole and Salsa



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

5. Lightly coat nonstick skillet with cooking spray, add oil and sauté chicken breasts 3 mins. per side or until browned. Place chicken on prepared baking sheet.

6. Divide salsa over chicken. Top with beans and cheese. Bake 10 mins. or until chicken is just cooked. Serve with guacamole. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

Chicken Pot Pie. Modern take on the classic dish



This updated recipe takes 10 minutes to prepare and about 50 minutes to cook, so it can be ready for dinner in a snap.

Make a double-crust pot pie by using a second pie shell; follow package directions for a double-crust pie.

1. Heat oven to 190 C (375 F). Remove pie shell from freezer and let thaw for 10 minutes. Meanwhile, defrost frozen vegetables in microwave, draining excess water.

2. Sauté onion. In a large bowl, mix chicken, vegetables, sautéed onion, garlic, soup and milk. Season with pepper.

3. Pour into pie shell; bake for 30 to 40 minutes or

Ingredients

- 1 frozen pie shell
- 250 ml (1 cup) frozen mixed vegetables (corn, carrots, peas, beans)
- 50 ml (1/4 cup) finely chopped onion
- 500 ml (2 cups) cooked chicken breasts, chopped into 1-cm (1/2-inch) pieces, or leftover chicken
- 5 ml (1 tsp) minced garlic
- 1 can (284 ml/10 oz) cream of mushroom soup
- 125 ml (1/2 cup) milk
- Coarse ground black pepper, to taste

until crust is golden brown and filling is bubbling.

THE CANADIAN PRESS/ TENDERFLAKE

Healthy eating

Choose it and lose it

Sometimes, with the amount of things in your schedule, it's impossible to make dinner without a little bit of help. Be mindful, however, from where the help is coming.

Hamburger Helper Cheese Shells (2 cups)

926 calories/41 g fat

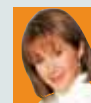
People traditionally make Hamburger Helper with medium ground beef and higher fat milk, increasing calorie and fat content.



Tuna Helper Au Gratin (2 cups)

500 calories/13 g fat

Making this Tuna Helper with margarine, skim milk and tuna packed in water rather than oil reduces fat and calories.



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Equivalent

With a normal serving size of two cups rather than the minimal size stated on the package, the Hamburger Helper Cheese Shells are equal in fat to three orders of chili nachos from Wendy's.



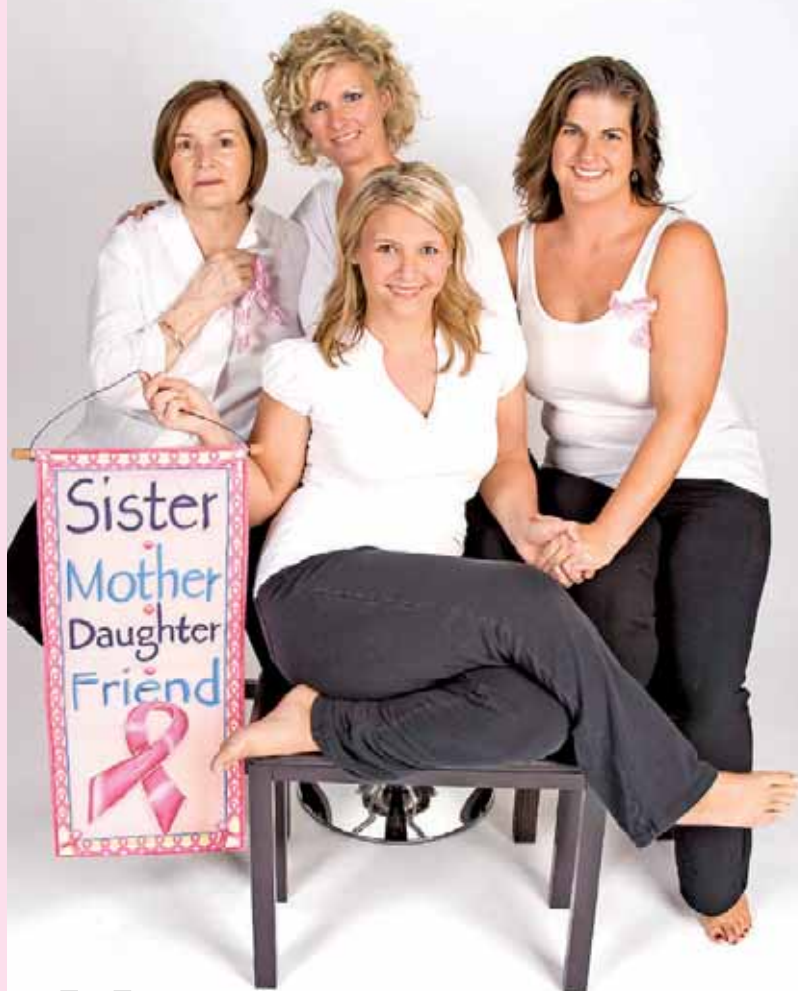
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Breast Cancer Awareness Month



Metro thinks *pink*

Recovery. Survivor crusades for restorative options after mastectomy

A decade after her first breast cancer diagnosis, Naneve Hawke was told she was cured. She would only have a month to revel in this good news: a mammogram soon revealed the cancer had returned, and that this time, her breast would have to be removed.

Hawke was rattled. "I just couldn't fathom waking up with nothing there," she says of the mastectomy. "You have this constant reminder of cancer on your chest every time you look at yourself."

After days of online research, Hawke approached her

doctor with a request for a skin-sparing mastectomy and same-day reconstruction: her cancerous tissue would be removed and a new breast mound would replace it, in one fell swoop.

Hawke says many women are unaware of their options when it comes to reconstructive breast surgery. While same-day reconstruction isn't available to all, medical advances now make it possible for most breast cancer patients to consider some version of the procedure. Surgeon Toni Zhong says reconstruction has come a long way in the last decade.

"It's fantastic now," she says. "Even the implants that we're dealing with are much more natural appearing, and now we use patients' own tissue, their own body parts to restore their breast so it's basically as natural as possible." Zhong stresses the procedure is about healing, not vanity. "I think it's vital for women to feel that when they look down on their chest, that they have gotten over that cancer stage," she says.

October 17 marks National Breast Reconstruction Awareness Day. Visit bra-day.com.

METRO WORLD NEWS

'Co-survivors' play a lead role in recovery

Lean on me. The story of how a woman's 'tribe' have been there to support her

KATHY ULLYOTT
Special to Metro Canada

For every woman diagnosed with breast cancer (and that will be 22,700 Canadian women this year alone, according to the Canadian Cancer Society), dozens more individuals are devastated along with her.

But that network of "co-survivors" — parents, partners, children, siblings, friends, co-workers — also plays a lead role in her recovery. From helping her make treatment decisions to holding her hand through chemotherapy to babysitting her kids for an hour, a cancer patient's "tribe" helps her get through it and get well.

Meet 38-year-old Kate Kerr, a marketing executive and mother of two small boys. After growing up in the



Kate Kerr with son's Samuel, left, and Gabriel. CONTRIBUTED

UK, where her family moved when she was a small child, Kate moved back to Canada 10 years ago and in 2006, married her partner Don.

Eleven months ago, she was diagnosed with a highly aggressive form of breast cancer. In the long almost-year since then, she has had a mastectomy, chemotherapy, a second surgery to remove 13 lymph nodes and radiation.

"It's only now sinking in

what my friends, work colleagues, have done for me," says Kate. "If there were a book about the top 10 things to do for someone going through cancer, my family wrote that book."

On the next pages, we introduce you to Kate's "tribe" and how they have been there to support her, along with 10 pieces of advice on how you can help a friend with cancer.

Control your stress

Being mindful of health

When it comes to cancer, stress can be a cause and effect; reducing it is a big part of both the prevention and the treatment of illness.

Mindfulness meditation, the practice of clearing the mind through deep breathing exercises, is becoming an increasingly widespread part of healing and coping with cancer.

Dr. Miroslava Lhotsky, one of the facilitators of Mindfulness Meditation Toronto,

is a physician who spent years delivering bad news to women whose mammograms had revealed breast cancer. "You can imagine the kind of adrenaline that flows in their body and the fear they have," she says. Now, she helps patients focus on the present moment and control their stress and anxiety through meditation. "It's a skill that you have to develop."

Lhotsky started leading mindfulness meditation sessions nearly a decade ago and has seen the practice grow in popularity. "(It) is one of those things that can change your

brain in a very positive way," she says of the exercise. "It can control the pain, it can control the stress, it can improve your immune system."

It's also scientifically proven to work: studies show that with deep breathing, the movement of the diaphragm stimulates the parasympathetic system, which helps the body relax.

This relaxation is a key to good health, says Lhotsky. "Your lifestyle is so very important. This is just another way of getting into a good lifestyle."

BRIGITTE NOEL



National BRA day is October 17. ISTOCK

Exemplary women

Hope, optimism and courage

Look Good Feel Better celebrated hope, optimism and courage in the face of cancer last week by honouring 20 exemplary women from across the country. LGFB says each of the honourees, in her own unique way, represents the Look Good Feel Better spirit and has helped the group achieve its mission of ensuring that no woman has to face cancer alone.

The honourees include:

Dr. Alexandra Ginty, MD, FacingCancer.ca blogger
Beverly Thomson, co-host Canada AM
Bif Naked, Canadian singer and songwriter
Catherine Brunelle, FacingCancer.ca blogger
Cynthia Mulligan, reporter and anchor, CityNews Toronto
Emily Duff, LGFB teen testimonial
Heather Bunting, LGFB workshop team leader
Dr. Jennifer Blake, MD, MSc, FRCSC Sunnybrook Health Sciences Centre
Joan Michetti, 20 Year LGFB volunteer educator and team leader
Johanne Robitaille Manouvrier, FacingCancer.ca blogger and author
Katie Evans, FacingCancer.ca blogger
Leslee Thompson, President & CEO, Kingston General Hospital
Libby Znaimer, VP News and TV host, Zoomer Media
Linda Kilburn, LGFB cover model and testimonial
Linda Lewis, editor-in-chief of MORE Magazine
Lisa Ray, Canadian actress
Dr. Margaret Fitch, PhD, MScN, Sunnybrook Health Sciences Centre
Dr. Marilyn Hundleby, PhD, R. Psych, Clinical Psychologist
Sharon Coburn, LGFB testimonial
Terri Wingham, FacingCancer.ca blogger

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Visit metronews.ca for more Metro Thinks Pink coverage, including beauty tips and how-to information.



The centre of the



Alexandra Pittortou, Kate's best friend

Alex has been Kate's best friend since they were six years old, growing up together in the UK.

When Kate was diagnosed, Alex dropped everything and flew to Toronto, arriving just before her mastectomy last November. When she returned home, she shaved her hair off – even before Kate had lost hers to chemo. “As children, we always had the same dolls, clothes and haircuts,” explains Alex, “So I thought, why should now be any different?”

Because she was too far away to offer practical help, “I decided the best thing to do was to let her know I was available for her to speak 24/7, and email daily just to be a sounding board if she needed it. Actually, my emails turned into being daily drivels of my life!”



Don Kerr, Kate's partner

As Kate's partner, Don was shocked when a doctor told him, early on, that divorce rates soar for couples dealing with breast cancer. “A few months in, I understood.” Cancer can expose all a relationship's vulnerabilities, he says; as the partner of someone with cancer, “Part of your reality is to be the outlet for all the fear, anger and frustration. You can feel like you're going 15 rounds with (boxer) George Chuvalo.”

A writer and branding specialist with his own marketing company, Grace Hanna Brandworks, Don began a blog, “Riding Shotgun,” on a cancer support web site, facingcancer.ca. “How do you give support and keep sane?” he wrote on Aug. 17. “From the shotgun seat you don't really have an option. At least on the supporting issue.” The best advice he got came from a fellow blogger on the site. “She said, a man's first instinct is to say, ‘I can fix this.’ But you can't; you can't fix this. So you're left to do . . . what? . . . The answer is to just be there. You can listen and hear, and let her know that you will be there for anything.”

Wendy Sanders, Kate's mother

As it happened, Wendy's parents had moved from England and next door to Kate and Don in Oakville the year before her diagnosis. As well as staying by Kate's side in “my darkest hours,” and nursing her through long nights of vomiting (anti-nausea drugs didn't work for Kate), Wendy took care of the Kerrs' home and meals and looked after their sons, Gabriel, 4 and Samuel, 2, while Don worked.

Wendy's parents' practical help extended to helping Kate research the type of cancer she had, possible treatments and medical experts. Spiritually and emotionally, says Wendy, “I needed to give her constant reassurance, hope and belief that we would work through this challenge together, that she wasn't alone.”



10 things you can do or say to help a friend with a cancer

Tip No. 1

Just be there

Phone or email regularly. Alex, who emails Kate daily, says, “Life went on for me, all the normal day to day trivia, but Katie's life changed direction completely. The least I could do was put aside some of my day for her, every day.”

Tip No. 2

Stay connected for the whole journey

You tend to get support through surgeries and chemo, says Kate, but knowing people are thinking about you through the end of the race “gives you the strength to continue.”

Tip No. 3

Think practically

Making meals, babysitting and running errands may sound trite, but relieving your friend of mundane but unavoidable responsibilities can be an incredible boost and allow her to focus on the task of recovery.

Tip No. 4

Get support yourself from other 'co-survivors'

At facingcancer.ca, cancer patients and their caregiving circles share experiences, advice, insight and strength.



ISTOCK IMAGES

circle



John Nishida, Kate's boss

"Kate isn't just a great and dedicated wife and mother, but she's also a stellar employee and a stellar professional," says John Nishida, Kate's boss and president of Pigeon Branding & Design, where Kate is vice-president of client services and strategy. Because he understood how important her career is to her, "I wanted her to continue to feel connected to the business, without worrying or having her stress about work at all."

John asked Kate if she would like him to email her a weekly update on the business; she loved the idea. "It was really to help her stay connected and let her know she didn't have anything to worry about. ... I think the role of any employer should be to give the person some peace of mind over things that can be a distraction."



Kate Kerr

"I was just a regular kind of person before – I pretty much lived my life on autopilot, which I now realize is not the way to live," says Kate. With her diagnosis in late October, 2011, "My life, my world, changed. For. Ever."

Booked for an immediate mastectomy, Kate came across a book in Toronto's Mount Sinai Hospital bookstore: *Anticancer: A New Way of Life* by David Servan-Schreiber (Viking, 2009). In it, Dr. Servan-Schreiber recommended three essential weapons against cancer: fitness, good nutrition and stress reduction. Kate seized all three, promptly buying a treadmill, adopting an anti-cancer diet and learning to meditate. Today she runs 30 minutes a day and is participating in a three-year program of mindful meditation.

"I discovered and am learning how to really live a full life, to make every moment count, to try to be a bigger, better person," she says. "Having gone through this breast cancer journey, my eyes are now opened, my ears are listening, and I am seeing life so, so differently. But it started with the support we were given right from the beginning: Overwhelming support and love of so many people that I could never have predicted."

ALL STORIES AND TIPS
COMPILED BY KATHY ULLYOTT

Andy Sanders, Kate's brother

Kate describes her older brother Andy as her "financial protector." A certified financial planner, Andy guided his sister through the financial challenges of cancer treatment and taking time off work. Much more than that, though, he was a steady rudder. "When I called Andy to break the news to him, his first words were, 'Katie, we're going to get through this.' That was huge for me because up till that point I was pretty sure that it was game over. Those were exactly the right words at the right time."

"My goal was to make sure Kate felt completely looked after, to give her some direction, focus, reassurance and hope that there are better days ahead," says Andy, whose approach is one of humour and compassion. "Just because somebody has cancer doesn't mean they've lost their sense of humour."



Exclusively online

- Look Good Feel Better is Canada's only cancer charity dedicated to empowering women to manage the effects that cancer and its treatment can have on their appearance. At the heart of the program is the free, two-hour hands-on workshop that comes complete with a complimentary cosmetic and personal care kit. Workshops are offered at more than 116 hospitals and cancer care facilities across Canada. lgfb.ca.
- Launched in 2010, FacingCancer.ca is a companion program to Look Good Feel Better, offering an online community where women with cancer and those who support them can share, confide and connect with each other to help manage the social and emotional effects of living with cancer. FacingCancer.ca



'Things I Wish I'd Known'

Resources for caregivers

The National Cancer Institute estimates that one in two men and one in three women will get cancer in their lifetimes. Along with these statistics is the reality that many of them will need a caregiver and advocate. Deborah Cornwall, a cancer survivor, wrote a book with those caregivers in mind. *Things I Wish I'd Known: Cancer Caregivers Speak Out*, provides caregivers with resources that cover everything from advocating for a cancer patient to how to take time out for yourself.

Muse

Post-mastectomy bra collection

The La Vie en Rose has created Muse, a new collection of post-mastectomy bras to offer women a chance to regain their confidence by feeling beautiful and looking great. The project started when one of its clients who, after undergoing a double mastectomy, approached the company about designing an empowering and desirable lingerie line for post-mastectomy women. lavieenrose.com



Tip No. 5

Admit you can't possibly understand what she's going through

But ask your friend to help you understand better, and to be blunt about what she needs.

Tip No. 6

Focus on the present

"It can be upsetting to try to look too far ahead into the unknown," says Andy Sanders. "But looking to the past invites comparisons that can be overwhelming. Celebrate all the victories you can in the present."

Tip No. 7

Let your friend talk, if she wants to

But as importantly, not talk if she doesn't want to.

Tip No. 8

Don't judge her treatment choices

Or offer opinions (unless asked).

Tip No. 9

Grow a thick skin

Particularly if your relationship is very close — that of a parent or partner — you may be the only person on whom your loved one can vent her terror or fury.

"You need broad shoulders, and you need to just suck it up," says Don.

Tip No. 10

Forgive yourself your mistakes.

"No sentient, feeling human can sustain a level of angelic care at all times," wrote Don on facingcancer.ca.

Europeans clinch cup with heroic final day

Golf. Poulter spurs record-tying Ryder Cup comeback in Illinois

Erasing some of their worst Ryder Cup memories, the Europeans wore the image of Seve Ballesteros on their sleeves and played their hearts out Sunday at Medinah to match the greatest comeback in history and head home with that precious gold trophy.

Europe got its payback for Brookline. Martin Kaymer gave German golf redemption for Kiawah Island.

Jose Maria Olazabal squeezed his eyes and fought back tears when Kaymer holed a six-foot par putt — about the same length that countryman Bernhard Langer missed at Kiawah in 1991 — to beat Steve Stricker and give Europe the point it needed to keep the cup.

Tiger Woods missed a 3 1/2-foot par putt on the 18th hole and conceded a par to Francesco Molinari that halved their match, that extra half-point making it a clear-cut win for Europe, 14 1/2 to 13 1/2.

Woods and Stricker, the anchors in the lineup, didn't win a single match at Medinah.

"This one is for all of Europe," Olazabal said. "Seve will always be present with this team. He was a big factor for this event for the European side."

Ballesteros died in May 2011 from complications associated with a cancerous brain tumour, and the European squad paid tribute to the Spanish legend all week.



From left, Europe's Sergio Garcia, Luke Donald and Justin Rose celebrate after winning the Ryder Cup on Sunday in Medinah, Ill. CHRIS CARLSON/THE ASSOCIATED PRESS

Sunday surge

The Americans also rallied from a four-point deficit to win in 1999 at Brookline. This was different, though.

- The Americans won big in those early matches. At

Medinah, so many of them could have gone either way.

- It was so close, so tense, that either side could have won the Ryder Cup down to the very end.

Ian Poulter was the first to embrace Olazabal, which was only fitting.

It was Poulter who gave Europe hope Saturday evening when he made five straight

birdies to turn a loss into a win and swing momentum in Europe's favour. Poulter was up to his tricks again on the final day, winning the last two holes in his match against U.S. Open

champion Webb Simpson.

And he had plenty of help. Europe's top five players in the lineup all won, including Rory McIlroy, who came up with key birdies to hand Keegan Bradley his first loss of the week.

The biggest match might have belonged to Justin Rose. He was on the verge of losing to Phil Mickelson when Rose holed a 12-foot par putt to halve the 16th, made a 35-foot birdie putt from the back of the 17th green to win the hole, and then closed out Mickelson with a 12-foot birdie on the last hole.

THE ASSOCIATED PRESS

NHL

Discussions focus on drug policy

The NHL and the players' association met for a third straight day Sunday, and again avoided the troublesome money issues that are fuelling the ongoing lockout.

The NHL drug policy, which was a key component of talks Friday when the sides got together for the first time since the lockout was imposed Sept. 16, was the focus of talks again on Sunday.

Because of difficulty in finding common ground on how to split up money, the league and union concentrated all weekend on secondary issues that will be included in a new agreement.

THE ASSOCIATED PRESS

Figure skating

Gold medallist Barbara Ann Scott dies at 84

Barbara Ann Scott, the only Canadian to win the Olympic women's figure skating gold medal, died Sunday at the age of 84.

The cause of death is not known.

Scott won Olympic gold at the 1948 Winter Games at St. Moritz, Switzerland. She was born in Ottawa in 1928.

Scott won the Lou Marsh Trophy as Canada's top athlete in 1945, 1947 and 1948. She was inducted into Canada's Sports Hall of Fame in 1955 and the Canadian Figure Skating Hall of Fame in 1991.

THE CANADIAN PRESS

NFL. Packers overcome more ref controversy in victory over Saints

Aaron Rodgers threw a go-ahead touchdown to Jordy Nelson in the fourth quarter, and the Green Bay Packers shook off a week's worth of controversy with a rally to beat the New Orleans Saints 28-27 on Sunday.

With Packers fans howling about what appeared to be yet another bad call — this time by the regular officials, not the replacements — Garrett Hartley missed a 48-yard field goal

By the numbers

47

Saints QB Drew Brees has thrown at least one TD in 47 straight games, tying the NFL's all-time mark set by Johnny Unitas.

Sunday's game

28	27
Packers	Saints

attempt with just under three minutes remaining, costing the Saints a shot at the lead.

Rodgers threw for 319 yards with four touchdowns and an interception for the Packers (2-2).

It was a sigh of relief for the Packers, who spent most of the week in the middle of a firestorm after a last-second call by replacement officials cost them a game at Seattle on Monday night. THE ASSOCIATED PRESS

Mobile sports



Qriket

To most outside observers, the Boston Celtics' aging core of talent appears to be on its last legs. But don't tell Courtney Lee that. The young guard says he came to Boston from Houston in search of a championship.



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Horoscopes

Aries

March 21 - April 20

Trust your instincts and don't let other people's doubts put you off doing what you know to be right. The more people say you are heading for a fall, the more likely it is you are on the right track.

Taurus

April 21 - May 21

You are who you are and that's the end of it. But it is possible to take who you are and make something of it that earns you respect. Make respecting yourself your main aim for the coming week.

Gemini

May 22 - June 21

You will find yourself in a situation where you have to defend yourself against allegations that you have been less than honest. Is it true? If so, own up to it and defuse the hostility quickly.

Cancer

June 22 - July 23

Don't give into the urge to change things around for the sake of it today because you will only have to change them back again later. You know the old saying: If it's not broken then why fix it?

Leo

July 24 - Aug. 23

You may not care what other people think about you, but the planets warn you need to see yourself from their perspective. If you don't, you may make a mistake that leaves you considerably less well off.

Virgo

Aug. 24 - Sept. 23

You have waited long enough as it is. Now, you must get started on a project that could and should transform your existence. Relationships are about to move into a more positive phase. That should help considerably.

Libra

Sept. 24 - Oct. 23

It may seem as if others are dragging their feet and making life difficult for you, and maybe they are. But you are also making life difficult for yourself. Think positive and don't let fear get a grip on you.

Scorpio

Oct. 24 - Nov. 22

Be careful what you say today because if you say the wrong thing, it could prove costly — financially and professionally. The wise course of action is to say nothing at all, at least for the time being.

Sagittarius

Nov. 23 - Dec. 21

You will come in for criticism today and although it may not be deserved, you can still learn from it. How do you do that? By learning to stay away from people who are negative.

Capricorn

Dec. 22 - Jan. 20

You must be honest in everything you do over the next 24 hours. If you cut corners or bend rules, the forces of authority will give you a hard time. You can still be Number One — somehow you always are.

Aquarius

Jan. 21 - Feb. 19

The planets warn you could be a bit too outspoken for your own good today. On the work front, in particular, you must watch the tendency to snap at colleagues when they are wrong. It won't be appreciated.

Pisces

Feb. 20 - March 20

When Venus changes signs in midweek, you will find that your attitude towards certain people is less confrontational. You can and you must protect your interests but you don't have to turn it into a war.

SALLY BROMPTON

Start With a Buffalo Springfield Song

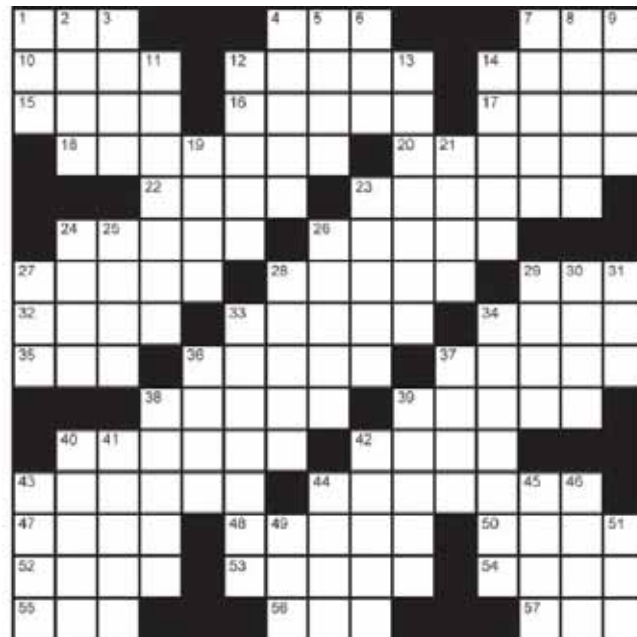
Across

1. "For What ___ Worth"
4. School fund-raising grp.
7. Apply gingerly, as make-up (with "on")
10. Neighbor of Cambodia
12. Fake name
14. Contend successfully
15. Former: poetic
16. Halifax-born singer McLachlan
17. Early poker pot maker
18. Fries, cheese, and gravy dish
20. Supernatural
22. Foreshadow
23. Like bad cell reception
24. Whole grains contain this
26. Bay of Naples island on which the Blue Grotto is located
27. Nonsensical
28. 1979 Ridley Scott thriller starring Sigourney Weaver
29. Cat extremity
32. Dickens' A ___ of Two Cities
33. Devote, as time
34. Climber's cord
35. Certain aliens
36. Diamond measure
37. Disinterested
38. Piglike nocturnal ungulate of the tropics
39. Links up with a space station
40. Attack vigorously
42. Bathroom fixture
43. Lighter fluid
44. Early French Canadian
47. Open a bit, as a door
48. Involving ships

50. Southernmost Great Lake
52. Added amounts
53. Mixes, in a way
54. Warbled
55. Sixth sense
56. Donkey
57. Beseech

Down

1. Island: Fr.
2. Waterproof canvas, for short
3. ___: "Comme si, comme ça"
4. Carpentry smoother
5. Michelin product
6. Small battery
7. Breakfast pastry
8. Fittingly
9. Red as a ___
11. Five o'clock shadow
12. Stage whisper
13. Patronized The Bay or Canadian Tire
14. Desert plants
19. Conservative Party member
21. Food on a cob
23. Christopher, Francis or, Augustine
24. Small Italian car being promoted in North America of late
25. Ailments
26. Unblemished
27. Sault ___ Marie
28. Canada's Earth Day is on the 22nd of this month
29. "The other white meat"
30. Planet of the ___
31. Married
33. Homo ___: modern



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humans
34. Alberta-BC border feature
36. James ___: TV's *Las Vegas* star
37. "My name is ___, James ..."
38. Bygone Russian despots
39. Uses an old phone
40. Served in its natural gravy, as roast beef

(2 wds.)
41. Philatelist's acquisition
42. Battle wounds
43. Air Force installation
44. Hertz rival
45. Resident of Morocco or Lebanon
46. "A stitch in time saves ___"
49. ___ loss for words (2 wds.)
51. Hen's product

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.

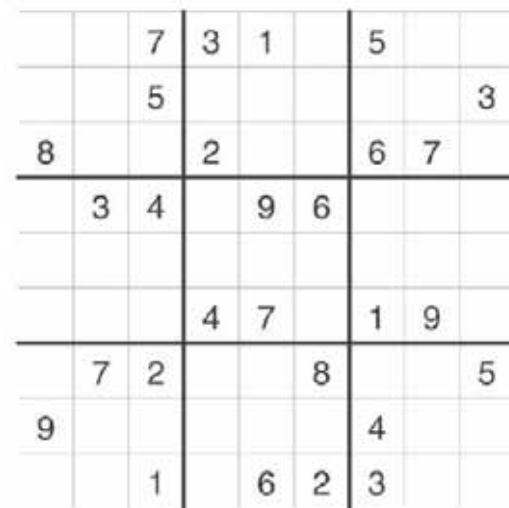
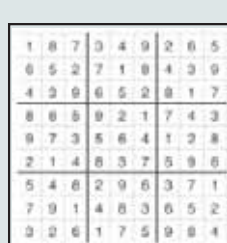


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Weather

TODAY

TUESDAY

WEDNESDAY



MAX: 23°
MIN: 6°



MAX: 11°
MIN: 7°



MAX: -11°
MIN: -11°



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